

# TOTAL BODY EXPRESS

## WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Circuits in 6 20 Minutes	Active Day of Rest	Cardio Kickbox 20 Minutes	Active Day of Rest	Serious Strength Upper Body 2 20 Minutes	Active Day of Rest or Yoga Flow 20 Minutes	Serious Strength Lower Body 2 20 Minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
2,000-Step Walking Workout 20 Minutes	Active Day of Rest	Pyramid Power Premium 1 20 Minutes	Active Day of Rest	Jab Punch Crunch Burner Workout 20 Minutes	Active Day of Rest	Low Impact Lower Body 20 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Full Body HIIT Workout 20 Minutes	Active Day of Rest	Jab Punch Crunch Core Workout 20 Minutes	Active Day of Rest	Indoor Interval Walking Workout 20 Minutes	Active Day of Rest	Circuits in 6 2 20 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Serious Strength Upper Body 2 20 Minutes	Active Day of Rest	Serious Strength Lower Body 2 20 Minutes	Active Day of Rest	Pyramid Power Premium 1 20 Minutes	Active Day of Rest	Slow Burn Workout 20 Minutes